

WHAT IS CLAIMED IS:

1. A method of playing a game comprising:
 - (a) providing a playing field comprising a first base, a second base, a third base, and a home plate;
 - (b) providing a ball;
 - (c) providing a bat;
 - (d) providing a plurality of teams of players;
 - (e) providing a first team positioned in a batting line up as an offensive team;
 - (f) providing a second team positioned on the playing field as a defensive team;
 - (g) providing a batter from the offensive team having as an objective to reach base safely or advance a runner by either hitting a fair ball or receiving a walk;
 - (h) providing a pitcher from the second team having as an objective to put out the batter; and
 - (i) limiting the pitcher to deliver only fastball pitches.
2. The method of playing a game as recited in Claim 1, further comprising issuing a penalty to the second team when the pitcher delivers a pitch other than a fastball.
3. The method of playing a game as recited in Claim 1, further comprising forming divisions.
4. The method of playing a game as recited in Claim 3, wherein the forming of divisions comprises separating the players according to age.
5. The method of playing a game as recited in Claim 3, wherein the forming of divisions comprises separating the players according to gender.
6. The method of playing a game as recited in Claim 3, wherein the forming of divisions comprises separating the players according to the velocity of pitching.

7. The method of playing a game as recited in Claim 6 wherein the divisions are selected from the group consisting of:
 - (a) Division 1 for pitching fastballs at speeds up to 49 miles per hour;
 - (b) Division 2 for pitching fastballs at speeds between 50 and 59 miles per hour;
 - (c) Division 3 for pitching fastballs at speeds between 60 and 69 miles per hour;
 - (d) Division 4 for pitching fastballs at speeds between 70 and 79 miles per hour; and
 - (e) Division 5 for pitching fastballs at speeds of unlimited velocity.
8. The method of playing a game as recited in Claim 6 further comprising issuing a penalty to the second team when the pitcher delivers a pitch that is outside the range of velocity for the designated division.
9. The method of playing a game as recited in Claim 6, further comprising issuing a penalty to the second team when the pitcher delivers a pitch that is outside the range of velocity for the designated division on a plurality of occasions throughout the game.
10. The method of playing a game as recited in Claim 1 further comprising issuing a walk to the batter when three balls are issued to the batter.
11. The method of playing a game as recited in Claim 1 further comprising issuing a strike-out to the batter when two strikes are issued to the batter.
12. The method of playing a game as recited in Claim 1 further comprising issuing two runs to the offensive team for every runner that crosses home plate until the end of the inning, subsequent to the time in the inning when two outs have been issued and there are no runners on base.
13. The method of playing a game as recited in Claim 1 further comprising issuing a penalty to the second team when the pitcher fails to deliver a pitch within a predetermined amount of time after receiving the ball when there are no runners on base.
14. The method of playing a game as recited in Claim 1 further comprising issuing a penalty to the pitcher when the pitcher fails to deliver a pitch

within a predetermined amount of time after receiving the ball when there are runners on base.

15. The method of playing a game as recited in Claim 1 further comprising issuing a penalty to the batter when the batter fails to keep at least one foot in the batter's box after each pitch when no runners are on base.
16. The method of playing a game as recited in Claim 1 further comprising issuing a penalty to the batter when the batter fails to enter the batter's box within a reasonable time when runners are on base.
17. The method of playing a game as recited in Claim 1 further comprising issuing a penalty to the first team when a runner leads off.
18. The method of playing a game as recited in Claim 1 further comprising issuing a penalty to the first team when a runner steals or attempts to steal a base before the ball crosses home plate.
19. The method of playing a game as recited in Claim 1 further comprising issuing a penalty to the first team when a runner steals or attempts to steal a base before the pitcher releases the ball.
20. The method of playing a game as recited in Claim 1 further comprising permitting non-tagging fielding plays.
21. The method of playing a game as recited in Claim 1, further comprising ending the game after a predetermined number of innings that is less than nine, or after the maximum number of innings within a predetermined length of time, whichever occurs first.
22. The method of playing a game as recited in Claim 1, wherein the players may be substituted without limitation.
23. The method of playing a game as recited in Claim 1, wherein the players of the defensive team on the playing field are not limited by their presence or absence in the batting order.
24. The method of playing a game as recited in Claim 1, wherein the number of players of the offensive team in the batting line up is at least 10.
25. The method of playing a game as recited in Claim 1, wherein the number of players of the defensive team on the playing field is nine.

26. The method of playing a game as recited in Claim 1, wherein first base consists of a safety-first base.
27. The method of playing a game as recited in Claim 1, wherein the bases of the playing field are arranged in a diamond-shaped formation.
28. The method of playing a game as recited in Claim 1, wherein the pitching distance is between 45 and 60 feet.
29. The method of playing a game as recited in Claim 28, wherein the pitching distance is 55 feet.
- 30.. The method of playing a game as recited in Claim 1, wherein the fence distance is between 200 and 300 feet.
31. The method of playing a game as recited in Claim 1, wherein the base path distance is between 60 and 75 feet.
32. The method of playing a game as recited in Claim 1, wherein the ball is between 9 inches and 10 inches in circumference.
33. The method of playing a game as recited in Claim 1, wherein the ball has a core that is softer than the core of a regulation baseball ball.
34. The method of playing a game as recited in Claim 33, wherein the ball is a reduced injury factor ball.
35. The method of playing a game as recited in Claim 1, wherein the bat is made of wood.
36. The method of playing a game as recited in Claim 35, wherein the bat is made of composite wood particles.
37. The method of playing a game as recited in Claim 1, wherein velocity sensors are used to measure the velocity of the pitch.
38. The method of playing a game as recited in Claim 37 wherein the velocity sensor is a glove radar velocity sensor.
39. The method of playing a game as recited in Claim 1, wherein metal cleats are proscribed from use.
40. The method of playing a game as recited in Claim 1, further comprising requiring batting helmets to be used.
41. A method of playing a game comprising:

- (a) providing a playing field comprising a first base, a second base, a third base, and a home plate;
- (b) providing a ball;
- (c) providing a bat;
- (d) providing a plurality of teams of players;
- (e) providing a first team positioned in a batting line up as an offensive team;
- (f) providing a second team positioned on the playing field as a defensive team;
- (g) providing a batter from the offensive team having as an objective to reach base safely or advance a runner by either hitting a fair ball or receiving a walk;
- (h) providing a pitcher from the second team having as an objective to put out the batter;
- (i) limiting the pitcher to deliver only fastball pitches; and
- (j) issuing a ball to the batter when the pitcher delivers a pitch other than a fastball.

42. A method of playing a game comprising:

- (a) providing a playing field comprising a first base, a second base, a third base, and a home plate;
- (b) providing a ball;
- (c) providing a bat;
- (d) providing a plurality of teams of players;
- (e) providing a first team positioned in a batting line up as an offensive team;
- (f) providing a second team positioned on the playing field as a defensive team;
- (g) providing a batter from the offensive team having as an objective to reach base safely or advance a runner by either hitting a fair ball or receiving a walk;

- (h) providing a pitcher from the second team having as an objective to put out the batter;
 - (i) limiting the pitcher to deliver only fastball pitches;
 - (j) issuing a ball to the batter when the pitcher delivers a pitch other than a fastball; and
 - (k) forming divisions.
43. A method of playing a game comprising:
- (a) providing a playing field comprising a first base, a second base, a third base, a home plate;
 - (b) providing a ball;
 - (c) providing a bat;
 - (d) providing a plurality of teams of players;
 - (e) providing a first team positioned in a batting line up as an offensive team;
 - (f) providing a second team positioned on the playing field as a defensive team;
 - (g) providing a batter from the offensive team having as an objective to reach base safely or advance a runner by either hitting a fair ball or receiving a walk;
 - (h) providing a pitcher from the second team having as an objective to put out the batter;
 - (i) limiting the pitcher to deliver only fastball pitches;
 - (j) issuing a ball to the batter when the pitcher delivers a pitch other than a fastball;
 - (k) issuing a strike-out to the batter when two strikes are recorded; and
 - (l) issuing a walk to the batter when three balls are recorded.
44. A method of organizing a league comprising:
- (a) providing a plurality of teams;
 - (b) forming divisions; and
 - (c) providing rules of play comprising limiting the pitcher to deliver only fastball pitches.

45. The method of organizing a league as recited in Claim 44, wherein forming the divisions comprises separating the players according to age.
46. The method of organizing a league as recited in Claim 44, wherein forming the divisions comprises separating the players according to gender.
47. The method of organizing a league as recited in Claim 44, wherein forming the divisions comprises separating the players according to the velocity of pitching.
48. The method of organizing a league as recited in Claim 47, wherein the divisions are selected from the group consisting of:
 - (a) Division 1 for pitching fastballs at speeds up to 49 miles per hour;
 - (b) Division 2 for pitching fastballs at speeds between 50 and 59 miles per hour;
 - (c) Division 3 for pitching fastballs at speeds between 60 and 69 miles per hour;
 - (d) Division 4 for pitching fastballs at speeds between 70 and 79 miles per hour; and
 - (e) Division 5 for pitching fastballs at speeds of unlimited velocity.